



bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 27.09.2015

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Stephan, Ralph

□□: ohne Verein

□□: 218

□□: 54.00 km

Ambitioniert

□□□□:

Senioren 1

□□□: 3:48:25

□□: 14.18 km/h

□□□□□/□□□: 49 (of 60)

□□□□□/□: 48 (of 59)

□□□□□□: 2:24:01

□□□□□: 16(of 19)

□□□□□□□: 2:30:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
K2 - Neutorturm	-	2:04	-	18	1:10	55	1:10	-	2:04	-	20	1:10	60	1:10
K3 - Schleife A	-	20:41	-	16	6:30	53	6:56	-	22:45	-	20	7:37	60	8:05
Runde	-	24:27	-	16	7:11	48	7:44	-	47:12	-	20	14:46	60	15:32
K2 - Neutorturm	-	1:08	-	15	0:20	46	0:25	-	48:20	-	20	15:06	60	15:53
K5 - Schleife B 1	-	29:56	-	15	7:42	38	8:58	-	1:18:16	-	20	22:48	59	24:49
K6 - Schleife B 2	-	15:29	-	16	5:43	51	6:07	-	1:33:45	-	20	28:31	59	30:48
K7 - Schleife B 3	-	6:32	-	16	1:37	53	1:52	-	1:40:17	-	20	30:08	59	32:40
Runde	-	30:03	-	16	9:40	47	10:09	-	2:10:20	-	20	39:48	60	42:44
K2 - Neutorturm	-	1:17	-	16	0:26	46	0:28	-	2:11:37	-	20	40:14	58	43:09
K5 - Schleife B 1	-	39:06	-	16	16:17	52	17:49	-	2:50:43	-	19	56:31	58	1:00:58
K6 - Schleife B 2	-	20:29	-	18	10:37	54	11:09	-	3:11:12	-	19	1:07:08	58	1:12:05
K7 - Schleife B 3	-	5:46	-	8	0:54	24	1:08	-	3:16:58	-	19	1:08:02	58	1:13:13
Marktplatz	-	31:27	-	13	10:22	39	11:11	54.00	3:48:25	-	16	1:18:24	48	1:24:24